

► **WELCOME:**
FROM MOHSIN HEALTH
PRODUCTS TEAM

○ ISSUE :1 | ○ VOLUME: 1 | ○ 2008

► **FEATURE ARTICLE:**
WHOLE PERSON MEDICINE
MASTER HERBALIST HAKIM M. SALIM ,
M.D. M.H. (M.A.) M.H. D.O. F.G.N.I

► **DID YOU KNOW:**
MOHSIN S. KHAN

► **FEATURED PRODUCT:**
**REYVIBE SAFFRON ENERGY
DRINK**
HAMZA KHAN

Healthy You!

**A SEASONAL NEWSLETTER TO EDUCATE AND INFORM YOU ON
IMPROVING YOUR HEALTH AND WELL BEING.**

This seasonal newsletter is published quarterly by MohsinHealthProducts Ltd.

Welcome!

Well summer is here and it's that time of the year when we all start to take care! Isn't it great to feel the glow of the sun, finally!

Here at MohsinHealthProducts, we decided not to take a break this summer, oh no! We are working hard this summer to put together great tasting natural health enhancing products for when you come back from your holidays.

We also decided to put together this newsletter to help educate and inform you on staying healthy and happy! HealthyYou is exactly that! Our aim is to produce seasonally this newsletter and bring you great articles from a wide range of authors and practitioners of complimentary and alternative medicine.

You see we love what we do and how we help to improve your life with our 'special' products!

Our approach as a company is this:

- We are a family run business of 2nd generation herbalists
- We use the highest quality, locally sourced & sustainably produced organic ingredients when possible
- Our products are formulated by qualified herbalsits and hand made
- We commit 5% of our annual profits to support natural regeneration and community progammes around the world.

We also love hearing from you, that includes the things you think we can do to improve this newsletter. I look forward to reading your comments and from all of us here,

Best Wishes for your health & well being!



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Feature Article: **Whole Person Medicine**

Master Herbalist Hakim M. Salim
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In the traditional civilisations of Middle East, India and China, we find some of the oldest and most time-tested systems of healthcare and medicine. In Egypt, textbooks on medicine were written by 3000BC. In India, the traditional Indian medicine Ayurveda, was practiced and taught at university level in 700BC. In China, Traditional Chinese medicine (TCM) was well established by 700BC throughout China, with its roots going back at least to 3000BC.

One of the distinctive features of oriental medicines is that they are an integral part of man's philosophy, his consciousness and his relationships with other beings and the cosmos. The results are a rich harvest of perspectives and modalities that are unsurpassed both in their profundity and sophistication as well as being practical, economical and ecologically sustainable.

In this article I would like to introduce Tibb, a whole person medicine, and its potential for promotion of health and well-being, about which very little is known in the West.

Historical context

Tibb is a tradition of health, which was synthesised in the crucible of the Middle East, and integrated elements from Egypt, India, China and classical Greece. Tibb is an Arabic word, which in different places has been referred to as Arabic, Greco-Arab, Hikmah, Unani, Islamic and Sufi medicine.

Some of the most illustrious names, such as Ar-Razi of Persia, Ibn Al-Baytar of Andalusia, Mainmondes of Egypt and Ibn Sina were practitioners and teachers of Tibb. Today, Tibb continues to provide healthcare for millions of people in India, Pakistan, Afghanistan, Bangladesh, Malaysia and various parts of the Middle East.

Wholeness and balance

Tibb, which literally means nature, is a body of knowledge and practice, which maintains health and endeavors to restore it whenever lost. Health is a purposeful condition of dynamic balance, in which all the functions are carried out in a correct and whole manner. The concept of wholeness and balance permeates the philosophy, principles and practices of Tibb. In historical times, the condition of wholeness and balance was the norm for most human beings. However, as people and societies moved away from natural patterns, disharmony and diseases increased.

Diagnosis

There are three types of professionals within Tibb.

Hakim, a philosopher/physician,
Tabib, a physician
Mualliaj, a practitioner.

Each physician within the Tibb system works with the whole person. The diagnosis or evaluation is to assess the whole person, while attempting to locate the focus of any given disease. The imbalance may be located within one or more of four levels. In addition, and depending upon (i) the individual patient's Mijaz - constitution and type, and (ii) the level of their imbalance - the physician can use one or more of the techniques or modalities to enable order and balance.

"One of the distinctive features of natural medicines is that they are an integral part of man's philosophy, his consciousness and his relationships with other beings and the cosmos."

Treatment

On the physical level he may select massage, manipulation or cupping. This may be complemented with subtle changes in diet supported by a simple or complex remedy from rich material medica, mostly from plants.

If necessary and appropriate, the physician can use wholistic psychotherapeutic measures to balance the inner dimensions of emotions or thoughts. If there is a spiritual imbalance, then the Hakim may use logotherapy to harmonise the transcendental aspects at the core of a human being.

To Be Continued...

Next Issue.

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F.G.N.I. (England) D.O. (London)
Consultant herbal physician &
Iridologist.

Has been in practice since 1978, running a private practice at East Park Road, Leicester. Has also run a private practice at Harley St, London.

Founder/Director of The Mohsin Institute, devoted to practice, research and education in Tibb - Eastern Medicine and Alternative Medicine (since 1990).

His successful methods of treatment have appeared on the BBC, Television documentary.

His works have been on display at the Science Museum, London, U.K, since 2005, and the Wellcome Institute, London

Experience The Healing Power Of Tibb & Whole Person Medicine...

Personalized consultations & natural alternative treatments to balance & revitalize you. Under the guidance of **Master Herbalist, Hakim M. Salim**, M.D. M.H. (M.A.) D.O. F.G.N.I. a world authority on Tibb and Eastern Herbal Medicine with over 26 years professional clinical experience. To book you appointment contact:

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Did You Know?

ALLERGY INCREASES: There are dramatic increases in admissions to hospital for allergic diseases which have occurred in England over the last decade, according to a study in the British Medical Journal.

The Largest increases were for 'anaphylaxis' and food allergy. Food allergy rates rose from 5 to 28 per million over this period. They suggest these changes could be caused by increasing exposure to environmental risk factors, to an increased susceptibility in the population to these allergens, or to a combination of these factors.

(Source: CAM Jan 2004, Gupta R et al, Increasing hospital admissions for systemic allergic disorders in England, BMJ 2003)

GREEN TEA: may fight allergies, according to researchers in Japan, who have identified a compound in green tea that, in laboratory tests, blocks a key cell receptor involved in producing an allergic response.

Although similar compounds in green tea have previously been shown to be anti - allergenic, this particular compound appears to be the most potent, the researchers say.

“Green tea appears to be a promising source for effective anti - allergenic agents”, says Chief Investigator.

(CAM, May04)

GAMES: Children who spend long hours of time at home playing computer games could be in danger of developing 'hand-arm vibration syndrome', where the hands become white and swollen.

Specialists at the Royal Liverpool Children's Hospital were puzzled when a 15 year old boy who had a 2 year history of painful hands for which no explanation could be found. However it soon came to their attention that he spent up to 7 hours a day on his Sony Playstation.

(Source: WDDTY, May02)

Health Tip!

“A wise person should consider that health is the greatest of human blessings.”

Hippocrates

“Let food be your medicine and medicine be your food.”

Hippocrates



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Going about your daily life can take a toll on your energy and more importantly your health. **reyvibe™** is based on a traditional eastern herbal (*Yunani- Tibb*) recipe. A versatile energy drink that may help in providing you energy without over stimulating, and increasing your sense of happiness & well being.

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"I started using reyvibe in October last year. It is very pleasant, taking a tablespoon in warm water with some lemon at the start of the day. It gives a feeling of comfort, warmth and helps me focus."

Marijke Vogel,
Naturopath, Iridologist, Herbalist.



Have Your Say, Comments & Feedback!

Here at HealthyYou, we are always happy to receive mail! We welcome any comments, suggestions or anything you would like us to hear and we will try to print a selection of them in our next publication.

Have any of the articles made you see things differently?

You can email us your views at:
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or write to us at:
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